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Sensation Seeking in Texas HPER and Elementary Education College Students [Abstract]

Deborah Buswell

Stephen F Austin State University, buswelld@sfasu.edu

G. James

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Sensation Seeking in Texas HPER and Elementary Education College Students [Abstract]

The purpose of this study was to examine students who were attending a mid-size university and majoring in health, physical education, recreation, and elementary education in regard to their sensation seeking behavior interests and preferences. Three hundred thirty-two students completed a written survey consisting of a set of 10 demographic questions and 40 forced choice items from the Sensation Seeking Scale V (Zuckerman, 1994). Females accounted for 57.1% of the population, 69.5% were Caucasian, and 74.6% were between 21-25 years of age. Analysis, completed using a two-way mixed model ANOVA, indicated that males scored significantly higher than females on the total scale score and on the disinhibition and boredom susceptibility subscales but not on the thrill and adventure seeking or experience seeking subscales. All majors scored highest on the thrill and adventure seeking subscale and lowest on the boredom susceptibility subscale. These scores indicate that students make choices that may involve physical danger and high levels of risk and they do so, not because they have nothing better to do but because they want to expand on their experiences. Analysis of specific questions on the instrument related to unhealthy behaviors raises a number of concerns for universities and demonstrates a need to provide alternative experiences for students to meet the needs of sensation seeking in more healthy ways.